

# Somerset Valley YMCA Swim Programs

## Session #3 — Registration begins 6/12/06

June 26 to August 20, 2006

**Mondays:** 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14  
**Wednesdays:** 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16  
**Fridays:** 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18  
**Saturdays:** 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19  
**Sundays:** 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20

Registration for Bridgewater Residents only will begin on **Monday, June 12, 2006** at 6:00am at Somerset Valley YMCA. Space is limited; registration is based on first come first serve. Registration will continue through the Somerset Valley YMCA during their regular office hours (5am to 9:45pm Monday through Friday, 7am to 6pm Saturday, and 8am to 1pm Sunday) until the classes are filled. Registrations can be mailed to **Somerset Valley YMCA** 601 Garretson Road – Bridgewater, NJ 08807 Attn: Meghan. Proof of Bridgewater Residency is required at the time of registration. **Proof of age is not required, but if your child is found not to be eligible for this class, your child will be expelled from session and no refund will be issued. If you are signing up for more than one child or session, separate checks are required.**

The Bridgewater Recreation Department will be sponsoring **Pre-School Swim Lessons** (for boys and girls ages 6 months to 6 years), **Youth Swim Classes** (for boys and girls ages 7 to 12 years), and **Chess Club & Family Swim** (for boys and girls in grades 1 to 5). No refunds, credits or make-ups will be given unless two or more classes are missed due to medical reasons. For Bridgewater Residents only. Keep the top portion of this registration form, no written confirmation will be handed out.

### Pre-School Swim Lessons

Lessons meet once a week at the Somerset Valley YMCA (Garretson Road in Bridgewater) for one half-hour session for eight weeks.

**Parent/Child** is for children 6 months to 3 years (parent goes in water with child and lessons are conducted in the above ground pool). Focuses on water fun and acclimation, communication creativity, body awareness, sharing and independence.

**Beginner with Parent** is for children 2 ½ to 3 ½ years (parent goes in water with child). This class is a transition for the child who is close to meeting the requirements for Beginner and for the starting swimmer who is hesitant beginning alone.

**Beginner** is for ages 3 to 6 years old (children wear full bubbles and lessons are conducted in the above ground pool). Children who can kick the length of the pool with a barbell, back float with help and paddle stroke the length of the pool in prone position with splashing toes may progress to intermediate.

**Intermediate** is for ages 3 to 6 years old (lessons are conducted in the big pool). Covers bobbing, prone float with face in water, rhythmic breathing with barbell, swimming with half bubble, and sitting dives.

**Advance** is for ages 3 to 6 years old. Covers bobbing, standing dives, elementary backstroke, underwater object recovery and finning. Rotary breathing is refined, breaststroke is introduced, treading water and safety skills are covered.

See Session times below

Cost: \$96.00 payable to "Somerset Valley YMCA"

### Youth Swim Classes

Lessons meet once a week at the Somerset Valley YMCA (Garretson Road in Bridgewater) for forty-five minutes for eight weeks.

The **Beginner** class is the beginning level for school-age children. It gets children acquainted with the pool, the use of floatation devices, and front and back floating. By the end of this level, they should know the front paddle stroke, side and back paddle, and be able to swim the length of the pool with a floatation device and with their face in the water. Diving skills are introduced as well.

In **Intermediate**, the children continue to practice and build upon basic skills, now performing more skills without the aid of a floatation device. They are introduced to lead up strokes to the front and back crawl, sidestroke, breaststroke, and elementary backstroke. More diving skills are taught.

In **Advance**, students work to perform the front and back crawl stroke, elementary backstroke, and sidestroke with turns. They are introduced to the butterfly stroke. They continue to work on diving skills.

See Session times below

Cost: \$135.00 payable to "Somerset Valley YMCA"

### Chess Club & Family Swim

With Carla!

Lessons meet once a week at the Somerset Valley YMCA (Garretson Road in Bridgewater) for eight weeks on Saturdays.

Chess makes kids smarter! Well, chess is all about focusing, concentrating, anticipating, evaluating, thinking concretely, thinking abstractly, visualizing, planning, and learning to juggle about a dozen considerations in your mind all at once. You can improve at all these things! Naturally, what anyone gets out of it is a function of what they put in, but if you make an effort, chess yields rewards. Now add family swim to the mix and you have a great night of fun and learning. By signing up for the chess and swim combination, the immediate family can partake in an hour of swimming (the kiddie pool will be available). Take advantage of an opportunity for your child to learn and have fun as a family.

1<sup>st</sup> & 2<sup>nd</sup> grade boys & girls play chess from 4:00-5:00pm followed by Family Swim from 5:00-6:00pm; 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> grade boys & girls play chess from 5:00-6:00pm preceded by Family Swim from 4:00-5:00pm.

Cost: \$75.00 for Chess only or \$95.00 for Chess & Family Swim payable to "Somerset Valley YMCA"

For further course information call the Somerset Valley YMCA at (908) 526-0688. [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org)

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday [www.bridgewaternj.gov](http://www.bridgewaternj.gov)

## Somerset Valley YMCA Swim Programs

(Session #3 Summer)

☐ \$96.00 (Pre-School Swim) ☐ \$135.00 (Youth Swim) ☐ \$75.00 (Chess) ☐ \$95.00 (Chess & Swim)  
 Bridgewater Residents only – Checks payable to "Somerset Valley YMCA"

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_ Circle \_\_\_\_\_  
 Name: \_\_\_\_\_ Gender: Male or Female  
 Mailing Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Work/Cell Emergency \_\_\_\_\_  
 Phone #: \_\_\_\_\_ Phone #: \_\_\_\_\_ Contact #: \_\_\_\_\_  
 Date of Birth: \_\_\_\_\_ Age as of 6/26/06: \_\_\_\_\_ years & \_\_\_\_\_ months Current Grade \_\_\_\_\_  
 as of Sept 05-06 school year: \_\_\_\_\_

### Pre-School Swim Lessons

#### Mondays

- ☐ 10:00-10:30am Parent/Child
- ☐ 10:30-11:00am Beginner
- ☐ 3:00-3:30pm Beginner
- ☐ 3:30-4:00pm Intermediate
- ☐ 4:00-4:30pm Advanced
- ☐ 6:00-6:30pm Beginner
- ☐ 6:30-7:00pm Intermediate
- ☐ 7:00-7:30pm Beginner
- ☐ 7:30-8:00pm Intermediate
- ☐ 8:00-8:30pm Advanced

#### Wednesdays

- ☐ 3:00-3:30pm Beginner
- ☐ 3:30-4:00pm Beginner
- ☐ 4:00-4:30pm Intermediate
- ☐ 4:30-5:00pm Beginner
- ☐ 5:00-5:30pm Advanced
- ☐ 6:00-6:30pm Beginner w/parent
- ☐ 6:30-7:00pm Beginner
- ☐ 7:00-7:30pm Intermediate
- ☐ 7:30-8:00pm Advanced

#### Fridays

- ☐ 10:00-10:30 Beginner
- ☐ 10:30-11:00am Intermediate
- ☐ 11:00-11:30am Beginner
- ☐ 3:00-3:30pm Beginner
- ☐ 3:30-4:00pm Advanced
- ☐ 6:00-6:30pm Beginner
- ☐ 6:30-7:00pm Intermediate
- ☐ 7:00-7:30pm Beginner
- ☐ 7:30-8:00pm Intermediate
- ☐ 8:00-8:30pm Advanced

#### Saturdays

- ☐ 10:00-10:30am Beginner
- ☐ 10:00-10:30am Intermediate
- ☐ 10:00-10:30am Advanced
- ☐ 10:00-10:30am Parent/Child
- ☐ 10:30-11:00am Beginner w/ parent
- ☐ 2:00-2:30pm Beginner
- ☐ 2:30-3:00pm Intermediate

### Select only one program:

### Youth Swim Classes

#### Sundays

- ☐ 12:00-12:45pm Beginner
- ☐ 12:00-12:45pm Beginner
- ☐ 12:45-1:30pm Intermediate
- ☐ 12:45-1:30pm Intermediate
- ☐ 1:30-2:15pm Advance
- ☐ 1:30-2:15pm Advance

### Chess Club & Family Swim

- ☐ 1<sup>st</sup> & 2<sup>nd</sup> Grade
- ☐ 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup> Grade

#### Saturdays

- ☐ Chess Only
- ☐ Chess and Family Swim

If signing up for more than one child or program, please have separate checks and forms ready for each child per program!

Injuries may occur. Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday [www.bridgewaternj.gov](http://www.bridgewaternj.gov)